

# ARBenefits News Monthly



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## Open Enrollment for 2016



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EBD has established the 2015 health insurance Open Enrollment period for State Employees (ASE) and Public School Employees (PSE) for the 2016 plan-year. State Employee Open Enrollment will run September 1-15 while Public School Employee period will be October 1-15.

#### 2015 Open Enrollment

State Employees:

**September 1-15, 2015**

Public School Employees:

**October 1-15, 2015**

Employees will be able make changes to their health insurance policies without a qualifying event during Open Enrollment including: enrolling onto the plan, adding/dropping dependent coverage, changing plan levels and dropping coverage completely. Employees can also choose to not make any changes and keep their coverage as is.

Non-Medicare retirees can change their plan level between Premium, Classic and Basic during their Open Enrollment period.

An easy way employees can make changes to their policy during Open

Enrollment is by logging into their accounts at ARBenefits.org. Members who use the online system will receive instant confirmation that their changes have been received by EBD. Also, forms can be faxed or mailed. Be sure to keep a copy of your fax confirmation sheet when sending forms to EBD.

Supporting documentation may be required when sending forms to EBD or using the online system. Supporting documentation can include: copy of a marriage license, spousal affidavit and birth certificates if adding children.

### 24/7 Nurse Hotline

Since your health concerns can sometimes surface during non-office hours, ARBenefits offers a 24/7 Nurse Line. The 24/7 Nurse Line puts you in direct contact with a registered nurse 24 hours a day, 7 days a week, 365 days a year who can answer these and other health questions regarding health conditions and illnesses. This service is a part of your health plan and is

available at no additional cost to you.

When you call the 24/7 Nurse Line, you will also have access to the Health Information Library that has over 1,500 health topics such as diabetes, arthritis, cancer and many other topics. You can access the 24/7 Nurse Line and Health Information Library by calling 866-458-0408. This number is also

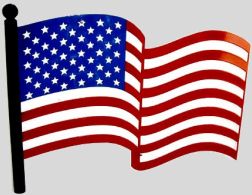
conveniently located on your ID card so even away from home you will always have access to a nurse.

Premium plan members remember, if you call the nurse line prior to going to the Emergency Room, ARBenefits will waive the \$250 Emergency Room copay if the nurse directs you to go to the Emergency Room for treatment.

EBD will be closed on

**Friday, July 3**

In observance of  
**Independence Day**



## The Benefits of Your EAP

Your employer provides an Employee Assistance Program (EAP) to their employees who may be affected by personal problems. The EAP is a strictly confidential benefit that offers assessment and short-term counseling to employees and anyone in their household. Here is a rundown of the key benefits of using your EAP.

### Short Term Counseling

Receive up to eight in-person counseling sessions per issue at no cost to you.

### No Costly Co-Pays

There are no co-pays for counseling services provided by the EAP.

### Household Members Included

Your eligible family members can also receive this free counseling benefit.

### Easy Access to Services, 24/7

You can access the program at any time by calling the toll-free number, 877.247.4621. Your call will be answered directly by an Intake Specialist (a Master's or PhD-level counselor) who will talk with you about your needs and then refer you to a credentialed provider in your area who best fits your needs for in-person counseling services.

### Online Information and Referrals too

Find thousands of articles, HelpSheets<sup>SM</sup> and assessments on GuidanceResources<sup>®</sup> Online. Get expert information on relationships, work, school, children, wellness, legal and financial topics and more. Time-saving provider searches let you find child care, elder care, pet care and other services.

### Completely Confidential

The EAP is completely confidential. By law, GuidanceResources<sup>®</sup> may not release any

employee records to anyone without the written consent of the employee.

### Additional Information

This information is brought to you by GuidanceResources<sup>®</sup>. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you. You can contact GuidanceResources<sup>®</sup> at 877.247.4621, and get assistance with any concerns you may have.

You can also find out more information about GuidanceResources<sup>®</sup> and the benefits they provide including healthy living and training programs by going online to [www.ARBenefits.org](http://www.ARBenefits.org).

Resources:

[www.GuidanceResources.com](http://www.GuidanceResources.com)

## Preventative Services Link

It is the intent of the ARBenefitsWell program to encourage members to be actively engaged with their health care and specifically preventive services. In an effort to assist members with knowing what preventative services they may be eligible for during a wellness visit, a new link has been added to the ARBenefits.org homepage.

The link entitled "Preventative Services" is located in the Health Enhancement section of the ARBenefits homepage.

Once on the page you will see a widget containing a few questions. The widget is produced by the U.S. Preventive Services Task Force (USPSTF). The preventive services recommended by the USPSTF are specific to age, gender, and certain risk factors such as

tobacco use and sexual activity. Once you enter your information and hit submit you will be sent to a page with a list of recommended preventative services. EBD will not see the answers you provide.

Appropriate recommended preventive services that will appear in the A&B section of the list are covered by ARBenefits at no cost to members (no deductible, co-pay, or co-insurance).

We recommended you bring the list of recommendations to your primary care physician. We also suggest bringing a copy of the results page from your Health Assessment provided by GuidanceResources<sup>®</sup>, and a list of medications currently prescribed to you.

If you experience any problems with the widget you can access the service on the web by clicking the top box of the widget or by going to <http://epss.ahrq.gov/PDA/index.jsp>.

Resources:

[www.ahrq.gov](http://www.ahrq.gov)